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OTTAWA • THURSDAY, AUGUST 21, 2008



Face put on sex assault suspect

PATHWAY City police are asking for the public's help to identify the suspect in a sexual assault near a bike path earlier this month.

Police yesterday released a composite sketch of a man suspected of assaulting a 30-year-old female jogger near a bike path in the area of Hanlon Avenue and Hindley Street on Aug. 2.

Between 8:30 and 9:30 p.m. the jogger came upon a man who stopped to tie his shoe. As she ran past, the man grabbed her and dragged her into a wooded area where he sexually assaulted and beat her.

The suspect is described as black, between 20 to 30 years old, with a thin, yet muscular build. He was wearing a white T-shirt and dark pants.

The sexual assault section is asking anyone who was in that area at the time who may have seen the man to call the tip line at 613-236-1222, ext. 5760.

TRACEY TONG/METRO OTTAWA



Suspect

Ferrets Back on the bus



Marybeth Stanisstreet, president of the Ferret Rescue Society of Ottawa, brought her ferret, Bruiser, to city hall yesterday in support of Frances Woodard, who was recently banned from riding the bus with her ferret, Gyno. The transit committee yesterday recognized Woodard's ferret as a "service animal" that helps her cope with panic attacks. **Story, page 3.**

Denying cigarette leads to stabbing

TRACEY TONG
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ARREST A city man had a knife pressed to his throat and suffered a stab wound to his hand early yesterday after telling a teenager he didn't have a cigarette to give him, police allege.

At around 5:30 a.m., two men were sitting on a curb eating sandwiches outside a Carling Avenue coffee shop when an 18-year-old man approached and asked for a cigarette. When the man said he did not have one, the suspect allegedly held a knife to the man's throat and demanded that he empty his pockets.

An altercation ensued and the victim was stabbed in the hand. The suspect ran away when police were called.

Police arrested a suspect a short distance away and later recovered a knife in bushes near the scene.

Ottawa Police's Guns and Gangs Section charged Salaman Mufferreh, 18, with robbery with a weapon, assault causing bodily harm, assault with a weapon, and breach of probation, among other offences.

Planning ahead?

- Ahead of the bus ban announced yesterday, STO said it is in discussions with OC Transpo to resolve local complaints about its buses idling in the 21 parking spaces it uses on ByWard Market area streets between routes.

and George streets and we've said to staff that we are going to give them until October to come up with a plan on how it's going to be done," said Coun. Georges Bedard.

The motion suggests that STO park a number of its buses on the Quebec side of the MacDonald Cartier bridge and the rest beneath an access ramp when on the Ottawa side.

STO director of planning and development Salah Barj said the move would impact operations costs and add four minutes to each trip, but it could be done under set conditions, such as a designated bus lane

along King Edward Avenue and a turnaround at King Edward and Union Street.

After years of complaining about long lines of idling STO buses on George Street, next to the Andrew Fleck day-care playground, Elsie Chan was happy with yesterday's decision.

"On numerous occasions we have gone out and asked (drivers) to turn off their vehicles and they've told us they weren't allowed, or that they were moving soon, (but) then they'd stay for five minutes if not longer," said her colleague, Kate Carradine.

Ottawa has an idling by-law, but Sue Jones, manager of enforcement, said it is difficult to enforce because "essentially you've got idling all day, but it's not necessarily the same bus."

ShareYourViews
ottawaletters@metronews.ca

Court date

- Salaman Mufferreh, 18, appears in show cause court today on charges after allegedly stabbing a man who refused to give him a cigarette early yesterday morning.

Judges bane of Olympics

Back to school pg 9

Styles for the class catwalk

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Experimental Farm fire under investigation

A fire that destroyed a shed on the Experimental Farm late Tuesday night is being investigated. Shortly after 11 p.m., firefighters were called to the farm near Baseline and Merivale roads, where it took 12 firefighters about 20 minutes to put out the fire in the 16-by-10 foot shed. The shed was a write-off and it is not known what was stored inside.

METRO OTTAWA

3

Ottawa



Wading pools closing

The City of Ottawa will soon be pulling the plug for the season at its 55 wading pools that saw 330,000 visits over the summer. With the exception of Overbrook, McNabb and Westboro, all locations will close today at 6 p.m. Overbrook will close Aug. 23 and McNabb and Westboro on Aug. 24.

CITY OF OTTAWA

'Service ferret' back on board the bus

TIM WIECLAWSKI
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Gyno the ferret is getting his bus pass back.

Overturning a previous decision to revoke his status as a "service animal," the transit committee voted unanimously yesterday to allow the ferret to accompany owner Frances Woodard

when she rides on buses.

Woodard, 54, who is agoraphobic, says she relies on Gyno to control anxiety and panic attacks while out in public. After Gyno was banned from the bus last spring, Woodard filed a complaint with the Canadian Transportation Agency (CTA), alleging the requirement that a service animal be trained by and

"I want every one to be able to have an assistance animal if they need it. It has to come back to that."

Ferret owner Frances Woodard

registered with a recognized organization constituted an undue obstacle to travellers with disabilities.

Woodard's lawyer Ter-

rence Green said the CTA complaint would proceed since the decision yesterday is only an interim measure.

Transit service director

Alain Mercier said Gyno's eligibility was revoked because the policy that service animals be registered — such as guide dogs for the blind — didn't seem to apply to the case.

"The problem we've been having is what is deemed to be a trained animal for the purposes of entering onto a city bus," he said. "In this case we

judged that there was no grounds in (the ferret's) training."

Woodard, who arrived at city hall with a group of supporters, was happy to get Gyno's pass back, but said the policy still needs to change.

"I want every one to be able to have an assistance animal if they need it. It has to come back to that," she said.

Kreskin gets back to where it began

TRACEY TONG
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For decades, he's helped police solve crimes, made people believe they see UFOs in the sky and stunned audiences with his uncanny ability to find things.

Last night's performance at SuperEX was no different as Ottawa welcomed back The Amazing Kreskin. And the world's most famous mentalist returned the sentiment.

Kreskin has a soft spot for Ottawa — his show, The Amazing World of Kreskin, was produced at CJCH here for three years in the early 1970s.

"It's a thrill to be back," he said. "It brings back a flood of memories."

In an interview before his performance yesterday, Kreskin is a warm, and almost unassuming character. Born George Kresge Jr. in New Jersey, he's now known simply as Kreskin. Even his credit card, which he whips out for proof, bears the name "T.A. Kreskin."

"People started calling me amazing," he said.

Thousands of performances over the years have shown that, maybe, people are right. He predicted 9/11 and the New York Giants' Super Bowl win.



The Amazing Kreskin returned to Ottawa last night, where he got his start on The Amazing World of Kreskin in the 1970s.

Silver screen

- A movie based on Kreskin's life, The Great Buck Howard, hits the big screen this year.

He welcomes skepticism, he said, and as a challenge to himself, he lays his pay-cheque on the line. The audience hides his cheque. If he can't find it, it goes to charity. He's found it under an audience member's den-

tal plate and in the barrel of a plainclothes police officer's gun. In 6,000 performances, he's only failed to find it nine times.

"It's a nerve-racking experiment. If I don't find the cheque, I don't get paid."

At 73, Kreskin shows no signs of slowing. He made 198 appearances last year and earlier this week finished writing his 14th book.

"I love my work," he said. "It's an incredible dream."

Transit pilot pet project shelved

TIM WIECLAWSKI
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Service dogs — and ferrets — aside, city buses will remain animal free.

Concerned about animal allergies, people's phobias and space constraints, Ottawa's transit committee narrowly rejected a six-month pilot project that would have allowed small animals in cages onto OC Transpo vehicles during off-peak hours.

Candice O'Connell with the Responsible Dog Owners of Canada — the group that petitioned to allow pets on buses — called the decision "disappointing," but said her group would pursue the issue again in two years with a new council.

"I think we have to dispel some of the fears that are out there. We fear what we don't know and obviously that was evident today," she said.

Critics of the plan said pets on buses created too many potential problems that should not be heaped onto busy drivers.

"There is no definition of what's a cage and what size animal. Is somebody going to be standing with a tape

Split vote

- The recommendation by the pedestrian and transit advisory committee for a six-month pilot project died on a split 4-4 vote.

measure?" asked Coun. Rainer Bloess. "With all the issues out there ... why would you want to get bogged down in this?"

OC Transpo employees' union representative John McLuckie said bringing animals on board would negatively impact the work environment for operators and maintenance staff who are allergic to animals.

"How can a driver be expected to safely operate while in the midst of an allergic reaction to a cat or a dog?"

Bus operator Mishell Parsons said the issue had the potential to create conflict on buses and add stress to drivers.

"It is unrealistic to expect that I am going to know if someone ... on the bus has an allergy or phobia," said Parsons. "I'm a very good driver, but I will react ... to anyone who jumps up and starts shrieking."

News in brief

HIT-AND-RUN OPP said yesterday they are seeking the driver of a car that fled the scene of a collision Tuesday. Ottawa OPP said a white Chrysler Intrepid, westbound on Queensway at Moodie Drive, changed lanes and struck the right rear corner of a red Chrysler PT Cruiser at 8:15 p.m. Police said the Intrepid's driver looked directly at the driver of the struck PT Cruiser as he passed. Damage to the Intrepid should be to the left front corner. Anyone with info call police at 613-270-9171.

METRO OTTAWA

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What's online today.

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Lotteries

Lotto 6/49	3, 6, 9, 27, 28 & 36 Bonus 45
Ontario 49	4, 16, 20, 23, 25 & 42 Bonus 47
Ontario Pick 3	6 5 9
Ontario Pick 4	0 6 8 8
Encore	4789285
Daily Keno	1, 5, 6, 9, 13, 21, 24, 30, 32, 34, 35, 37, 51, 54, 56, 61, 63, 66, 67, 70

These results are not official.




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A car bomb in Algeria yesterday killed 12 Algerian employees of Canadian engineering and construction firm SNC-Lavalin Group Inc. and wounded about 15 others, the company said. No Canadians were hurt, spokeswoman Gillian MacCormack said. **REUTERS**

Ottawa/Canada

Museums on your monitor

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Ottawa's history and heritage will be at the fingertips of residents and visitors alike after the government announced a grant for a project that will link 11 city area museums.

The feds are putting up \$61,100 through the Department of Canadian Heritage's Museums Assistance Program project to create a collections management system for the local museums, Ottawa West-Nepean MP John Baird and Nepean-Carleton MP Pierre Poilievre announced at the Nepean Museum yesterday.

The system will link the Billings Estate National Historic Site, Nepean Museum, Bytown Museum, Diefenbunker Museum, Goulbourn Museum, Watson's Mill Museum, Osogood Museum, Museoparc Vanier, the Ottawa Work-

er's Heritage Centre, Cumberland Heritage Village Museum, and Pinhey's Point Historic Site, making information easier to find.

It also makes it easier for teachers to share materials with students, said Poilievre.

"The end product will be a shared management system for all," said Dan Hoffman, curator of the Nepean Museum and director of 11 community museums of Ottawa. "And, as a result, no question should ever go unanswered."

"As a result of this project, museum staff, researchers, residents, and visitors from all over the world will be able to browse the city's collective heritage online," said Gilles Seguin, Heritage Program Manager, Cultural Services and Community Funding.

Part of the funding will also be used to preserve a collection of 4,000 historic books at the Billings Estate National Historical Site.

Ottawa reflected in study showing teen sex is down

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Teenagers are having less sex than their counterparts were almost a decade ago and using more condoms, says a Statistics Canada study — a trend officials see reflected in Ottawa.

Ottawa teens were among the 25,000 youth surveyed in several studies, which resulted in a report that finds teen sex is down and is being done with more thought to safety.

"The vast majority of the clients we see in our clinics do report using condoms,"

said Roger Prasad, a registered nurse and acting program manager of the Healthy Sexuality and Risk Reduction program for Ottawa Public Health.

"I think what came out of the article is a very positive message and that's similar to what we see in Ottawa," Prasad said.

Among youth aged 15 to 19, 43 per cent reported having had sexual intercourse at least once in 2005, down from 47 per cent in that age group who reported having sex in 1996-97, said Michelle Rotermann of Statistics Canada's Health Information and Research Division.

Dion drives green plan in auto town

Liberal Leader Stéphane Dion says Ontarians living in auto towns like Oakville, Ont., have every reason not to trust Prime Minister Stephen Harper as he shops for votes in Ontario.

Dion spoke to Torstar News Service before attending a 1,000-strong meeting in Oakville — his biggest crowd to date as he test-drives his proposed carbon tax in the lead-up for what is increasingly looking like a fall federal election.

"It's not as nearly complicated as some people would have you believe," he told the enthusiastic crowd, made up for the



"It's not as nearly complicated as some people would have you believe."

Liberal Leader Stéphane Dion

most part of Liberal supporters from surrounding ridings.

"Right now, to address the slowdown in our economy and the long-term problems if we don't act, the main strategy is to bring the economy and the environment together ... it is to find a way to have sustainable development here in Oakville and Canada right now," he said to loud

applause.

Dion predicted Ontarians — and the rest of Canadians — will punish the Conservative government for taking a country with a healthy budget surplus and taking it to the edge of financial deficit by cutting two percentage points from the goods and services tax and by not foreseeing the slowing economy.

TORSTAR NEWS SERVICE

Abdullah Khadr denied bail

Abdullah Khadr, the eldest son in the infamous Khadr family, was denied bail yesterday after a Canadian judge ruled the 27-year-old was still a danger to society despite spending the last two years in jail.

Khadr will remain at the Toronto West Detention Centre while he awaits his extradition hearing to the United States where he faces terrorism-related charges.

In his ruling, Ontario Superior Court Justice Gary Trotter said the "gravity of the alleged offences" was difficult to dismiss.

"Mr. Khadr is alleged to have supplied weapons to a notorious and ruthless terrorist organization, with a proven record of killing innocent civilians on a massive scale," he wrote in the 25-page decision.

"I am hard-pressed to think of a more serious set of offences," wrote Trotter.

TORSTAR NEWS SERVICE

News in brief

OIL SANDS Warren Buffett and Bill Gates, two of the world's richest men, toured the Canadian Natural Resources Ltd.'s Horizon oilsands project near Fort McMurray, Alta., this week. According to local media reports, Gates and Buffett visited the \$9.3-billion project on Monday. Horizon is slated to begin operations later this year.

REBATE Nova Scotians have until the end of the year at most to get a discount on fuel-efficient vehicles. Last year, the government announced the EcoAuto Fuel Rebate Program, which gave people up to a \$2,000 tax rebate for buying environmentally-friendly vehicles. But that program died in the recent spring budget.

METRO NEWS SERVICES



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Traders deem Biden, Romney, Pawlenty top VP picks

With speculation over U.S. vice-presidential picks at a boil, prediction markets yesterday judged Democrat Joseph Biden and Republicans Mitt Romney and Tim Pawlenty most likely to get the nod. **REUTERS**

World/Business

Plane crashes in Madrid

A Spanish jet heading for the Canary Islands crashed on takeoff and burst into flames at Barajas Airport in Madrid yesterday, killing 153 of the people on board, the government said.

Smoke billowed up near Terminal Four from the remains of Spanair's Flight JK5022, an MD-82 jet bound for Las Palmas in the Canary Islands, which broke into pieces in an accident that Development Minister Magdalena Alvarez said left 19 survivors.

The 15-year-old plane, carrying 166 passengers and nine crew, shot off the runway at 2:45 p.m. local time, according to Spanair, and witnesses described a huge explosion.

"Only the tail was recognizable, there was wreckage scattered all over the place



A relative of a passenger on the Spanair jet that crashed arrives at Barajas Airport in Madrid.

and dead bodies across a wide area. A lot of them were children," Ermigio Corral, who headed the emergency services rescue effort, told a group of reporters.

Survivors were flung from

the plane by the force of the impact and landed in a stream, saving them from more severe burns, Corral said.

Alvarez said the cause of the accident seemed to be

"an error in takeoff," but Spanish media and a source close to the situation said the plane's left engine, made by Pratt & Whitney, had caught fire.

REUTERS

Pullout 'unsatisfactory'

GEORGIA Russian military trucks trickled back into Russia from Georgia yesterday, but no armoured vehicles or artillery passed and there was no sign of the large-scale rapid pullout demanded by the West.

The White House said Moscow needed to move faster. Germany described the situation in Georgia as "very unsatisfactory."

Russian President Dmitri

Medvedev said on Tuesday Russia would withdraw its forces from Georgia by Friday under a peace plan brokered by France.

But diplomats say Russia appears to have secured its military objectives and is in no hurry. It wants instead to secure maximum advantage from occupying a neighbour whose pro-U.S. policies have angered it, they say.

REUTERS

News in brief

CAREERS Women are their own enemies when it comes to cracking the glass ceiling, with an international study finding they are less likely to promote themselves and network than their male counterparts.

PAKISTAN Two missiles struck a house in Pakistan's South Waziristan region on the Afghan border yesterday,

killing six suspected militants, some of them foreigners, a security official said.

ZIMBABWE Zimbabwean President Robert Mugabe will officially open parliament on Tuesday despite opposition warnings that this would endanger power-sharing talks aimed at ending the country's deep political crisis.

REUTERS

Business

More Maple Leaf product recalls

One person in Ontario has died and 16 others have fallen ill from a nationwide outbreak of food poisoning in what public health officials say may be linked to contaminated meat products sold at a Toronto packaging plant.

Over 500,000 kilograms of more than 20 kinds of ready-to-eat meats supplied to grocery stores,

fast-food outlets such as McDonalds and Mr. Sub, hospitals, retirement and nursing homes have been recalled and the Maple Leaf Foods plant on Bartor Rd. has been temporarily shut down as food inspectors try to determine the source of the outbreak.

The Public Health Agency of Canada is investigating. **TORSTAR NEWS SERVICE**

Business in brief

LIBYA Petro-Canada said a fire in a 450,000 barrel oil-storage tank at a Libyan petrochemical and refining complex has not affected its field operations or its financial results.

SMARTPHONE Palm Inc. unveiled Treo Pro, its latest

smart phone offering that is to challenge rivals such as BlackBerry, at a cost of \$549 U.S.

MERGER Ericsson and STMicroelectronics say they will merge their wireless chip and software businesses to strengthen their market share.

REUTERS

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The Detroit Red Wings re-signed forward Aaron Downey to a one-year, two-way undisclosed contract yesterday. Downey signed with Detroit last season and appeared in 56 games for the Red Wings, registering three assists and 116 penalty minutes. METRO NEWS SERVICES

Sports

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Canada unable to top Jamaica

Bad goal results in a costly home draw in Cup qualifier

Canada 1 Jamaica 1

Four minutes from halftime, Canada's Julian de Guzman and Jamaica's Ricardo Gardner converged on a ball bouncing near midfield, then collided, each landing flat on his back.

De Guzman hopped up first, trotted over to Gardner and extended a hand to Gardner to help him up, but the Jamaican midfielder refused it. The Canadian offered once more, but again Gardner turned him down, then turned over and stood up on his own.

The message from Gardner was clear.

This wasn't a friendly. This was a scoreless tie in a World Cup qualifier. This was for real.

De Guzman, whose mom is from Jamaica,



Canadian Adrian Serioiu flies to the ball behind Deon Burton of Jamaica at BMO Field last night. The game ended in a 1-1 draw.

that ended 1-1.

The announced crowd of 21,978 was among the largest ever at the perpetually sold-out BMO Field, and though slightly outnumbered, the Jamaican supporters matched Canada's fans in both passion and volume.

The draw gives each team a single point as they open the group stage of CONCACAF World Cup qualifying. Canada next faces Honduras Sept. 6 in Montreal, four days before travelling to Mexico for another qualifier.

Five minutes after the opening goal, Jamaica's Andrew Williams curled a corner kick toward Canada's net. Canadian keeper Pat Onstad couldn't catch it cleanly and the ball bounced off his hands and into the net. Onstad was charged with an own goal.

TORSTAR NEWS SERVICE

made a statement of his own two minutes into the second half, when his left-footed drive skidded along the turf, past Jamaican goalkeeper Donovan Rick-

etts and into the corner of the net.

But Canada couldn't capitalize on the goal, and five minutes later gave up the equalizer in a game

Jeter leads Yankees over Jays

MLB Andy Pettitte was dazzling on the mound and Derek Jeter had three hits, including a two-run homer, as the New York Yankees crushed the Toronto Blue Jays, 5-1, in the middle contest of a three-game set.

Pettitte (13-9) gave up just one run on five hits while fanning four over sev-



Jeter

en innings to get the win, which snapped a four-start winless streak for the lefty. Brian Bruney tossed two scoreless innings in relief. Johnny Damon went 2-for-4 with an RBI and two runs scored for the Yankees, who have won three of their last four games overall.

METRO NEWS SERVICES

SCOREBOARD

MLB					NATIONAL LEAGUE									
AMERICAN LEAGUE					WEST DIVISION									
EAST DIVISION					WEST DIVISION									
W	L	PCT	GB		W	L	PCT	GB						
Tampa Bay	77	49	.611	—	Arizona	65	60	.520	1	Cincinnati at Chicago Cubs, 2:20				
Boston	73	54	.575	4½	L.A. Dodgers	64	61	.512	1	Colorado at L.A. Dodgers, 3:10				
N.Y. Yankees	67	59	.532	10	Colorado	58	69	.457	8	Florida at San Francisco, 3:45				
Toronto	65	61	.516	12	San Francisco	53	72	.424	12	Washington at Philadelphia, 7:05				
Baltimore	65	65	.484	16	Seattle	48	77	.384	17	San Diego at Arizona, 9:40				
CENTRAL DIVISION					YESTERDAY'S RESULTS									
W	L	PCT	GB		AMERICAN LEAGUE									
Chicago Sox	73	53	.579	—	N.Y. Yankees	5	1			NATIONAL LEAGUE				
Minnesota	72	54	.571	1	Tampa Bay	3	0			EAST DIVISION				
Detroit	62	65	.488	11½	Baltimore	11	10			W	L	T	PTS	
Cleveland	56	67	.464	14½	Chicago White Sox	15	14			Montreal	5	3	0	10
Kansas City	55	71	.437	18	Seattle	3	2			Toronto	3	5	0	6
WEST DIVISION					L.A. Angels	7	4			Hamilton	2	6	0	4
W	L	PCT	GB		Minnesota	3	0			Winnipeg	2	6	0	4
L.A. Angels	77	48	.616	—	Tampa Bay	4	1			WEST DIVISION				
Texas	63	65	.482	15½	Baltimore	9	10			W	L	T	PTS	
Oakland	57	69	.452	20½	Chicago White Sox	15	14			Saskatchewan	6	1	0	12
Seattle	46	80	.365	31½	Seattle	3	2			Edmonton	4	3	0	8
NATIONAL LEAGUE					Philadelphia	4	1			Calgary	4	3	0	8
EAST DIVISION					Philadelphia	4	1			B.C.	4	3	0	8
W	L	PCT	GB		Kansas City	5	3			WEEK 9				
N.Y. Mets	70	57	.551	—	L.A. Angels	5	3			TONIGHT'S GAME				
Philadelphia	68	58	.540	1½	Tampa Bay	1	0			Saskatchewan at Edmonton, 9				
Florida	65	61	.516	4½	Baltimore	11	10			TOMORROW'S GAME				
Atlanta	56	71	.443	14	Chicago White Sox	15	14			Calgary at B.C., 10:30				
Washington	44	83	.346	26	Seattle	3	2			TONIGHT'S GAME				
CENTRAL DIVISION					Philadelphia	4	1			Philadelphia at Washington, 0				
W	L	PCT	GB		Pittsburgh	5	1			LAST NIGHT'S RESULT				
Chicago Cubs	77	49	.611	—	St. Louis	1	0			Nashua 4 OTTAWA 3				
Milwaukee	73	55	.570	5	Colorado	12	11			TONIGHT'S GAME				
St. Louis	70	58	.547	8	Florida	14	13			Nashua at OTTAWA, 7:05				

Sports in brief

MLB 38-year-old Chicago White Sox slugger Ken Griffey Jr. struck his 609th home run against the Seattle Mariners yesterday to tie Sammy Sosa for fifth place in the all-time list.

MLB The Washington Nationals acquired infielder Anderson Hernandez from the New York Mets yesterday. The move completes a trade that sent Luis Ayala to New York.

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/ UNITED

Athletics

Canadian medal hopeful Gary Reed placed third in his first heat in the men's 800 metres yesterday and advanced. **METRO NEWS SERVICES**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Save the judging for reality TV shows

Taekwondo scandal that cost Canadian a medal shot highlights Olympic problem

York Report

Marty York

marty.york@metronews.ca

Just as I was beginning to really enjoy the Olympics again — just when Canadian medalists **Simon Whitfield** and **Priscilla Lopes-Schliep** had me feeling almost as enthusiastic about the Games as I was during my childhood — this scandalous taekwondo nonsense surfaces in Beijing.

The fiasco hit me hard, almost as hard as one of those body blows that supposedly scores points for taekwondoers but mysteriously did-

n't for B.C.'s **Ivett Gonda** in her match against Sweden's **Hanna Zajc**.

A medal hopeful entering the Games, Gonda received no points from the judges and lost. And then her obfuscating coach appealed the judges' decision. And then I remembered something I loathed about the Olympics.

Judges. They were right up there alongside my other Olympic pet peeves — steroid use, political propaganda, stupid television coverage and corrupt governing bodies.

But as Whitfield soared to silver in the triathlon and as Lopes-Schliep leaped to bronze in the 100-metre hurdles — and while the Beijing Games seemed devoid of anything on my hate

list — I actually started to like watching the Olympics again.

And then the taekwondo judges went and spoiled it all by doing something stupid like screwing over Ivett Gonda.

The appeal was rejected, of course, and Gonda was officially eliminated. "I was ripped off," she lamented.

It's a claim Olympians make far too often. In 2002, remember, Canadian figure skaters **Jamie Sale** and **David Pelletier** were deprived of their due rewards by judges at the Winter Olympics until public pressure prompted a rare revision and they garnered gold. Gonda wasn't as lucky, and she's peeved.

Frankly, I don't know if Gonda was shortchanged or



Ivett Gonda of Port Moody, B.C., right, was heavily favoured in her women's 49-kilogram round of 16 taekwondo match against Hanna Zajc of Sweden, but lost in a controversial judging decision.

not because I don't know taekwondo from tiemyshoes. But I certainly know judging is subjective

and consequently leaves itself open to second-guessing, conspiracy allegations and appeals. Which make a

mockery of the Olympics.

It is time, simply, to abolish sports that include judging. If a sport's results aren't obvious — if you haven't scored more goals or more points than your opponents or you haven't beaten them to the finish line — dump it.

Olympic brainiacs are dropping softball and baseball. Dumb, eh? These are sports whose winners are easily discernible.

But taekwondo? Who knows what's behind judges' decisions? Ditto for boxing. And fencing, and trampoline, and gymnastics. And figure skating.

Dump them all. Let me enjoy the Olympics again.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



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First-time Olympians Isabelle Rampling of Burlington, Ont., and Marie-Pier Boudreau-Gagnon of Riviere-du-Loup, Que., finished sixth in the duet event yesterday at Beijing Games. Russia's Anastasia Davydova and Anastasia Ermakova took gold. METRO NEWS SERVICES

Beijing Games

Kobe powers U.S. 'Dream Team' into basketball semifinals

BASKETBALL Kobe Bryant scored 25 points to lead the United States men's team into the Olympic

semifinals with a 116-85 win over Australia yesterday. The Americans will face Argentina, which de-

feated Greece 80-78 yesterday, in the final four.

Spain earned a 72-59 victory over Croatia to set up

a semifinal against Lithuania, 94-68 winners over hosts China.

METRO NEWS SERVICES



WOLFGANG RATTAY/REUTERS

Usain Bolt of Jamaica reacts after breaking the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metres final yesterday at the Beijing Olympics.

'Shocked' Bolt nabs 2nd gold

Sprinter breaks 200m mark

Usain Bolt produced another barely believable performance of dominant sprinting to break Michael Johnson's untouched world record yesterday and add 200 metres gold to the 100 he won in record time four days ago.

While the Jamaican crossed the line dancing in the 100 he was all business in his preferred race, needing all his lithe power to finish in 19.30 seconds, 2/100ths better than Johnson's mark and more than 3/10ths ahead of his own previous best.

It made him the ninth man to complete the Olympic double and the first since Carl Lewis in 1984, but he is the first to take both races with world records.

"I'm shocked, I have been aspiring to the world record



metronews.ca

for so long," said Bolt, who achieved the mark despite a 0.9 second headwind. "I ran the corner as hard as possible and once I hit the straight I told myself to keep it up. The 200 medal has been my dream."

Behind Bolt it was chaos. Churandy Martina of Netherlands Antilles, seven metres adrift, finished second ahead of American Wallace Spearmon but both were disqualified for running out of their lanes.

Defending champion Shawn Crawford, who crossed the line fourth in 19.96, was promoted to silver while Walter Dix added a belated second bronze to the one he won in the 100.

REUTERS

Sports in brief

SOFTBALL Canada's women's team fell 5-3 to Australia yesterday, as they failed to reach the bronze medal game. The Aussies then fell to Japan to claim the bronze, while the women from the Land of the Rising Sun will face the U.S. for gold today. With softball set to be dropped from the Olympics after the Beijing Games, today's medals will be the last handed out unless the sport wins its fight for reinstatement in 2016.

REUTERS

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	U.S.	26	28	28	82
#2	China	45	20	79	
#3	Russia	13	14	18	45
#4	Britain	16	10	11	37
#5	Australia	11	12	13	36
#6	France	4	12	14	30
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	9	23
#10	Italy	6	7	7	20
#11	Ukraine	5	5	8	18
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

(Count at the end of Day 12)

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Back^TSchool

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



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Make your dorm room or office space eco-friendly with this biodegradable plastic trash can by Umbra. Available at Home Outfitters for \$7.99.

Head of the class

RAFAEL BRUSILOW
for Metro Canada



The start of the school year is almost here, so it's time to make sure your wardrobe isn't stuck in last year's classroom regalia.

GAP Inc. spokesperson Tara Wickwire says polo shirts are more prevalent than ever this season, with jumpers and graphic T-shirts similarly popular. A layered look is key — remember to mix and match different pieces of clothing effectively to create a look that com-

"A lot of trends we see for adults are reflected in kids' fashion."

Tara Wickwire

bines different colours with patterns like plaid and argyle.

"Take advantage of the opportunity to express your individual style," she said.

As for younger students, Wickwire says the line is blurring between generations. "A lot of trends we see for adults are reflected in kids' fashion," she said.

Girls are moving away from revealing clothes and embracing the colourful, relaxed style of hit TV shows like Gossip Girl, Wickwire says.

"For girls, we're seeing a Bohemian trend with floral print dresses, cord pants, berets and bright shades. It's a refreshing change," she said.

Robin Keeler, fashion director at the Yorkdale Shopping Centre in Toronto, suggests being picky about colours to

Tie, \$19.50; short-sleeved dress shirt, \$19.50; and cotton sweater vest, \$19.50. All at Old Navy.

keep your wardrobe focused.

"Stick with a few colours — don't have every colour in the rainbow in your wardrobe. You can mix and match a few colours easily to maximize the wardrobe," Keeler said.

Denim jeans and zip-front hoodies are staples that won't go out of style anytime soon and can fit into just about any look. Blouses and cardigan sweaters are also hot this season.

"Cardigans are very, very hot. If they're oversized, they're really comfy and warm. You can wear them with a skinny belt for a very cute look," Keeler said.

For the guys, everything starts with relaxed-fit jeans. Cargo pants are also a great choice and graphic T-shirts are always in style. Particularly hot this season: Leather jackets are making a comeback due to their versatility.

"A great leather jacket is something you can get a lot of wear out of," Keeler said.

Hoodies are an even greater fashion piece for guys as they always look good on men and happen to be

highly functional, Wickwire said.

Don't let your wardrobe stress you out though, Keeler says. Check your closet thoroughly and only spend big bucks on things you know you'll use often.

"See what still works, so you know what trendy

pieces you have to work with and prioritize what items you need to get. Spend the most money on things you'll wear the most," Keeler said.



Hoodies — like this yarn dye stripe knit hoodie, which is \$29.80 at Urban Behavior — are hot items for back to school.



This look incorporates one of this season's hottest items: The leather jacket (\$227 at Bebe).

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10 back to school



The Nokia 5310 XpressMusic mobile phone, left, is small enough to fit in a pencil case. Features include a music chip that provides 18 hours of music and a video recorder. Available at Rogers Wireless for \$69.99 with a three-year term. METRO NEWS SERVICES

Get mobile

Getting in gear

Items aimed at students include laptops, cameras

RICK McGINNIS
Metro Canada



Dell Inspiron 1525 laptop (\$499.99-\$999.99)

What is it? Dell's student-priced laptop, with a 15.4" widescreen LCD and anywhere from an Intel Celeron 540 chip to a Core 2 Duo T7250. Also, some flash graphic designs on the lid and a MacBook-inspired matte silver finish.

What works? College life today is about travelling light, and since you don't want to be hauling a DVD player into residence, the 1525 has an HDMI port to output to an HD screen. Not that its regular screen is shabby — easy to view from most angles without greying out its blacks, it's

a fine movie and gaming PC.

What doesn't work? It's a heavy beast — weighing in at 6 lbs. at its lightest configuration — and the speakers are weak; you'll need headphones or accessory speakers if anyone more than a couple of feet away is going to hear anything. Also, no pre-installed MS Office suite — you're going to have to spend extra to use it to write essays.

Toshiba Satellite A300 laptop (\$849.99-\$1,149)

What is it? A glossy black laptop based around Intel's Centrino duo chip, with a 15.4" widescreen LCD and a Harmon Kardon sound system.

What works? Fully-featured, with MS Office and

an HDMI output for movie nights, it's a fast machine thanks to the Centrino chipset, and its relatively tiny speakers push out impressive sound.

What doesn't work? Viewing angles on the LCD screen are tight and blacks glare out at the edges of the image if you aren't dead centre.

Palm Centro (\$299.99 with Rogers)

What is it? A compact cross between a media cell phone and a PDA meant for text-happy youth with a touch screen interface.

What works? The Palm OS is simple and intuitive, and the full QWERTY keyboard will make messaging suddenly effortless for anyone used to texting on a numerical keypad. Think of it as a PDA with training wheels — and easy Facebook accessibility, which is not something your average Blackberry user looks for.

What doesn't work? The keyboard is tiny, but when you graduate to a full-sized PDA phone you'll feel like you've left the woods for wide open spaces. Touch screen functionality is partial — you'll need to click and select. And would it have hurt to have a couple of games? No Minesweeper, never mind Solitaire.

Olympus E-420 digital SLR with 14-42mm zoom lens (\$579.99)

What is it? Olympus' entry-level digital 10 megapixel SLR, with a compact wide-

to-standard zoom.

What works? For some reason, there are more and more young people walking around with SLRs around their necks, seemingly having graduated from pocket-sized point-and-shoots in search of more control over their picture taking. The E-420 is a good place to start — light and compact, but with a decent set of SLR features.

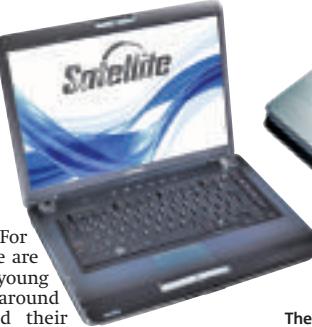
Controls are well-placed, and anyone used to snapshot camera kludginess will feel liberated by the responsiveness of a real SLR — it's a great first camera for photo students, with access to Olympus' fantastic range of lenses.

What doesn't work? The control wheel on the top can only do so much — you'll need to dig into the menus to disable the automatic flash, for instance, if you want to work in available light; a "flash off" button, found on most point-and-shoots, would have been nice. SLRs add options, but some could have been more upfront.

Panasonic Lumix DMC FS3 digital camera (\$199.99)

What is it? A solid little budget snapshot camera with a smashing little Leica lens on the front and an 8.1 megapixel chip and a 2.5" LCD screen.

What works? Panasonic's Intelligent Auto picture mode is smart and flexible,



The Toshiba Satellite A300 laptop, left, and the Dell Inspiron 1525 laptop.



and handles low light situations with relative ease. The screen is bright and sharp, and the shooting modes — including a 16:9 panorama — useful for scenic shots when travelling.

What doesn't work? While most camera makers are moving toward minimal interfaces, Panasonic still packs their cameras with buttons and switches, which can make for clumsy handling on such a tiny camera. The easy zoom button, while useful — it quickly snaps the lens into a close-up — is close enough to the shutter to get tapped while framing a shot.

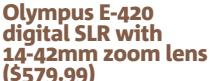
Hot accessories

Here's a word to Google: Monopoly. It's more than a game, and while a lot of people will say it's a bad thing, at least you don't have to worry about half a dozen competing word processing programs — Microsoft Word stands alone in its field, and your profs won't appreciate you handing in your term paper in Lotus Word Pro. The Office Home and Student suites for Mac (\$199.95) or Windows (\$99.99) has Word, in addition to Excel and PowerPoint. The Mac version also includes Entourage and Messenger, while the Windows version adds OneNote.

Microsoft also makes a wide range of quality peripherals, including the Wireless Notebook Optical Mouse 3000 (\$49.99), a compact unit that stores its wireless dongle in its base when not in use.

There are a lot of laptop bags on the market, most of which look like the sort of nasty stuff hippies drag into hostels all over Europe. Belkin made its name with stylish computer peripherals and accessories, and their computer bags are clean and stylish and come in a variety of colour combinations. The Slim backpack (\$49.99) and the Ceylon messenger bag (\$49.99) sport at least a dozen useful pockets for everything from pens (yes, you still need them) and mp3 players without looking like an old pair of cargo pants.

— RICK McGINNIS



— RICK McGINNIS

Smaller, better music gadgets make the grade

RICK McGINNIS
Metro Canada



Once upon a time, move-in day at university residences meant sweating parents helping their kids lug milk crates of records and/or dense boxes of CDs up worn stairs to their rooms.

The digital age has made that image as quaint as glee clubs, and those ponderous and heavy music collections can be stored on mp3 players the size of a deck of cards. Count

yourself lucky, you perfidious little music thieves.

Belkin's line of iPod and mp3 accessories includes the TuneTalk (\$69.99), a quality stereo microphone attachment for nearly every model of iPod that lets you record lectures directly onto your player and download them onto your computer, elegantly replacing a voice recorder in your bag. That's one less thing to carry around, forget or lose — a big plus in an age when the student lifestyle resembles nothing so much as a well-subsidized hobo.

Belkin also makes the RockStar (\$19.99), a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of

headphones and plugging in another player with the added cable.

Microsoft's Zune encourages musical networking with its Social online software that allows Zune owners to connect around their musical tastes. It began as a punchline, but Seattle's challenge to Apple's iPod became a solid piece of hardware by its second generation — though Zune's software still has limitations compared to iTunes, the players are actually more solid and reliable than the iPod.

The Zune 8 GB player (\$179.99) is

Microsoft's nano, with a smoother interface and better sound. And since stereo wars are still thriving in residences, you might want to invest in the Zune Home A/V Dock (\$79.99), which connects your player to any sound system or TV and has a remote that's also a lot more usable than its Apple counterpart. The marvel of noise-can-



The RockStar, by Belkin.



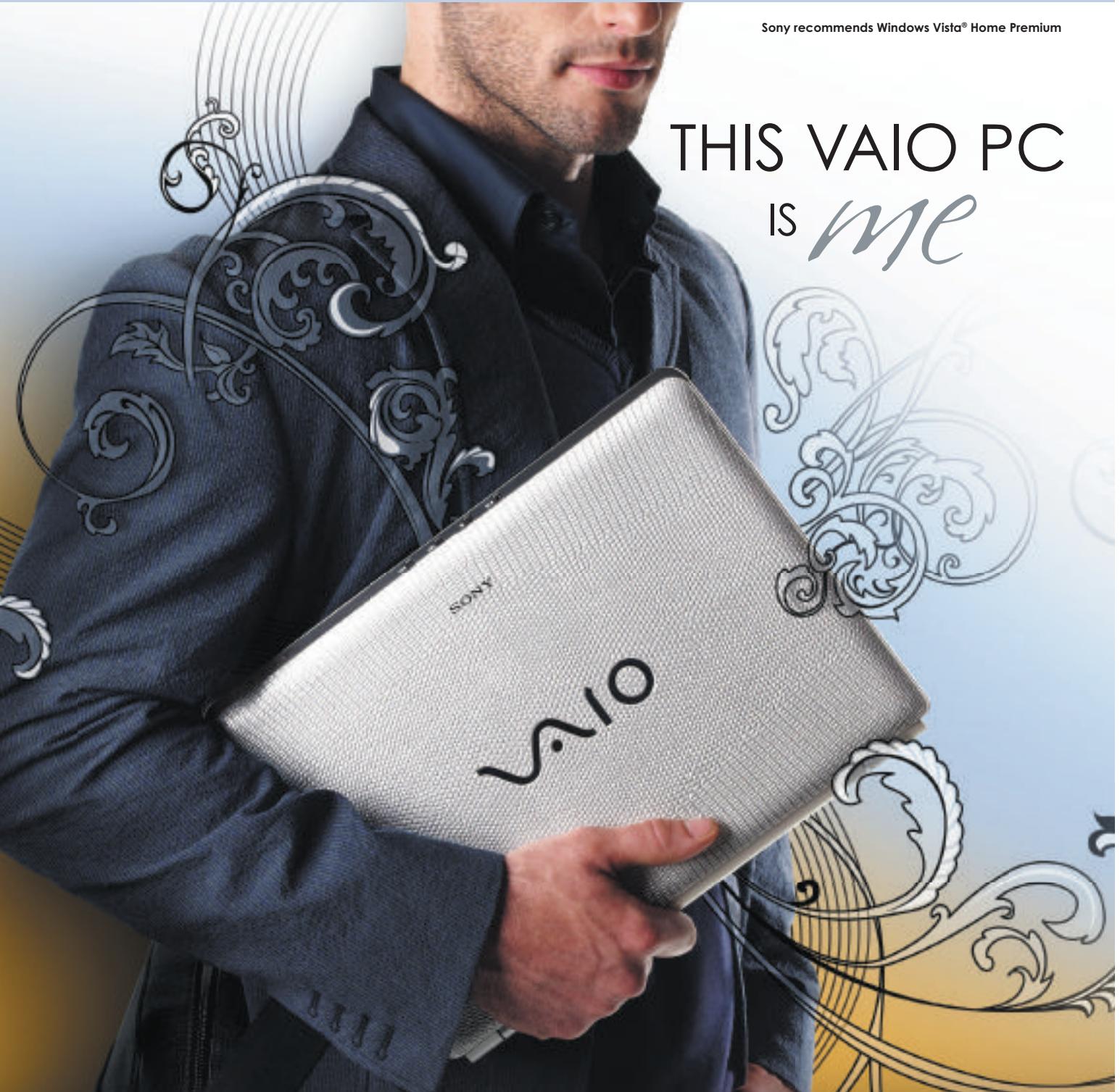
celing headphones isn't just that they work, but that they work so well. Panasonic's RP-HC500 headphones (\$199.99) silenced a construction site and a bustling food court at lunchtime to a hushed whisper while delivering rich, detailed music — something to think about when you're needing refuge from your roommate's beery hooking up in the other room every weekend.

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WiMax launch

Sprint will launch the first commercial WiMax system in the U.S. next month in Baltimore. Chicago and Washington will follow soon after.

SPRINT CEO

Tech Now

TechNow

**Paul
Brent**

technow@ctv.ca

So you enjoy the mobility offered by WiFi and cellphone towers? Well, it's time to upgrade the system and WiMax is the front-runner, followed closely by something called LTE, or Long Term Evolution. The aim is to develop systems that are faster and give better coverage.

Many of us use WiFi hot spots now to fire up the laptop and get connected. WiFi has a range of a few

hundred metres, while WiMax has a range of about 40 kilometres. So with the right setup, a city becomes one giant hot spot.

Sprint is the only major U.S. carrier going with WiMax, and will spend some \$12 billion to roll out a network.

A lot of firms in Ottawa are in the WiMax market, including Sige, Belair Networks, Alcatel, Dragonwave, and Bridgewater Systems. Nortel has moved on from WiMax. Much of their breakthrough research was done in Ottawa, but now they are working with a partner, Alvarion, who will deal with most of the WiMax business while Nortel shifts its focus onto LTE.

By signing the deal with

Alvarion, Nortel continues to work both ends of the market. Nortel's general manager for WiMax, Scott Wickware, is from Pembroke and is based in Paris, France.

Nortel's WiMax gear is being installed in Moscow as Russia, and the U.S. race to see who will have its capital city running on WiMax first.

But Ottawa has them beat, sort of. Canada's two major carriers, Bell and Rogers, co-operated to set up an early stage WiMax network a couple of years ago.

It's now in some 150 communities, including Ottawa.

But will WiMax bring lower rates for Internet services? You probably shouldn't bet on it.

The big kickoff for what some predict will be WiMax's breakout year is the annual WiMax trade show in Chicago next month with 10,000 people expected to attend.

Paul's website of the week:
www.getmooh.com

This is an automated phone call back site. It's free. You can program a call to yourself at any time as a way to get yourself out of a date or a business meeting or whatever!

This Sunday one of the stories on Tech Now will be a look at robot surgery and why doctors like using robots.

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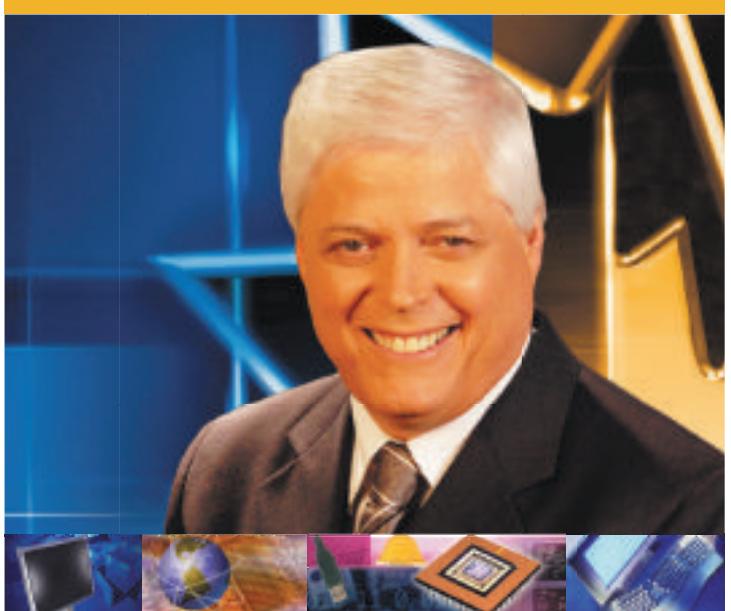
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Metro Homes

Rotate artwork

By changing where your pictures are situated, you change the feel and mood of a room instantly. Imagine what your living room would look like if you exchanged the landscape painting over the fireplace with a large black and white candid photo of you and the family, or moved the photographs on the table to the stairwell? HGTV.CA

Achieving great sound in your outdoor space

ArrestingDesign

Jeffrey Fisher & Tammy Schnurr



You've got the barbecue fired up, and you're relaxing in your gorgeous backyard with a drink and a couple of good friends. But wait — where are the tunes?

Your outdoor space isn't complete without music, but please don't get mighty speakers that show off their heft like a Harley.

We like good-looking, unobtrusive outdoor speakers that blend in with the decor — after all, these pieces of hardware should be heard but not seen. (We don't like speakers on a table for the same reason. No matter how high quality, they're not a centrepiece.)

So avoid contrasts that draw attention to the speakers. Mount them in a discrete location under the eaves; on an outdoor wall above a deck or patio; or from a porch ceiling, for instance.

Algonquin speakers produced by Dwight, Ont.-based Axiom Audio are designed to blend in with your walls, stucco or soffit colours.

They come in a series of tough, automotive-style enamel finishes, namely Arctic White, Almond Bisque, Cape Cod Grey and



Algonquin speakers by Axiom Audio, axiomaudio.com, come in a range of colours so they blend in seamlessly with outside decor. For an extra fee, Axiom can also do a custom colour match.

Mounting outdoor speakers

Ian Colquhoun, president and chief designer of Axiom Audio, axiomaudio.com, offers the following advice on positioning speakers to get the best sound:

- Mount stereo speakers in a triangular pattern if possible, so listeners are flanked diagonally by speakers.
- The distance between

speakers — and between listeners and speakers — should range from eight to 15 feet. • Do not mount speakers facing each other. • Do not mount the speakers on separate sides of the house — they're stereo speakers that are both required to send the full sound spectrum to your ears.

Spiced Rum. And if these colours don't match your outdoor walls or porch ceiling, you can bring in a sample of what you wish to match and the company will replicate it for an extra \$59.

When you're positioning outdoor speakers, you should al-

so

take Mother Nature into account — the devices are weatherproof, but where possible it makes sense to mount them somewhere that's sheltered from heavy rains, high winds and excessive snow accumulation.

You'll also

want to consider that when you're lounging outdoors, you won't want to trapse indoors to turn up the volume,

So remember to install controls outside the house (i.e. in addition to those on the indoor stereo system). You can either put a volume control box somewhere on the outdoor part of the line, or invest in a remote controller, which lets you turn the unit on or off, change the volume or switch stations.

Keep in mind that poor quality, tinny-sounding speakers can ruin the whole appeal of listening to music while sitting on the deck or porch. If you're not sure about the quality of the sound, simply listen and compare them with other speakers. Do you hear a range of sounds from the deepest bass to the highest frequencies? Are you hearing crystal clear sounds that sound true to life, or a muddled reproduction? Your ears will let you know.

But no matter how high the fidelity of your music, your neighbours may not appreciate it as much as you do. Lessen the impact of unwanted sound on your neighbours by mounting the speakers on the deck or patio side, facing your house and angled away from your neighbour. Either that, or invite them to the party.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

To wrangle your clutter, you need to make it visible

OrganizedZone

Brenda Borenstein



metro@organizedzone.com

Ask Brenda

- Metro's organizing guru Brenda Borenstein wants to hear about your organizing challenges and successes. Send them to her at metro@organizedzone.com.

You probably think that cluttered people are lazy, ignorant and disorganized. It's a common misconception.

In fact, the opposite is generally true.

I find that clutterbugs often have a specific area of their living space that's micro managed in such minute detail you would not believe it.

This area is their pride and glory. They're perfectionists about it. They spend so much time on details, in fact, that they don't have time to look at the whole picture.

When I'm trying to help such folks, I usually say, "Perfect comes later. Getting it done comes now."

I recently had a fun elderly client who is an avid viewer (and customer) of television shopping channels. She lives in Florida for six months each year, so when she sees something for sale on television that she likes she buys two of it — one for her home in Canada, and one for her home in Florida.

She was frustrated because she was unable to

use her living or dining rooms due to invasion of the shopping channel boxes. Her actual living space was limited to the kitchen, washroom and bedroom and her walker barely fit through. Her apartment in Florida didn't have room for any more stuff either.

She jokingly suggested tossing a match onto it all. But I told her there was another way out.

Trouble was, she didn't remember what she had bought. And she couldn't see what she had bought, since it was still in the cardboard boxes.

So we had to make it visible.

We unpacked, recycled and sold many items online (read, emotional buys such as the ab trimmers and kick boxing DVD kits that were never going to be used). Now she can actually move around her home in Canada, and make her annual trek down to Florida without being weighed down.

Brenda Borenstein is your professional organizing guru. Her column appears every second Thursday. Visit organizedzone.com.

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Here's a tip from Cook's Illustrated Magazine to lengthen the life of tomatoes that do not have a stem attached: Store tomatoes stem-end down at room temperature — this prevents air from entering and moisture from exiting its scar (left from where the stem once grew). Who knew? METRO NEWS SERVICES

Another tomato tip?

Food

"A ripe field tomato should be firm, not rock-hard, and have a slightly supple quality to its surface; it should feel heavy for its size."

Barb Holland/for Metro Canada



No concerns

The occasional small surface cracks at the bottom of a tomato won't affect its quality.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



À la carte



Barb Holland

Metro Food Writer

The buzz is all about Heirloom tomatoes. Found in farmers' markets and roadside farm stands, they come in a range of colours (red, brown, yellow, purple, white and bi-coloured), texture and size (from pea size to quite large). Heirloom tomatoes are from seeds carefully preserved and passed down over decades, keeping their character and flavour

intact. Heirloom or not, locally grown field tomatoes remind us what tomatoes are supposed to taste like. As a kid, the first ripe tomatoes of the season would be sliced, slathered with mayonnaise and put between two slices of squishy white bread. (It was about the tomato, not the bread.) My tastes are now somewhat more sophisticated as I devour bruschetta while tomatoes are in season.

Bruschetta

Is so easy it doesn't really need a recipe but here are a few tips to pass along. Have fabulously flavoured ripe tomatoes, good quality olive oil, good

Timeless tomatoes

bread and fresh basil. I also like to soften garlic in the microwave for a few seconds to take off the raw edge.

METHOD:

Dice 2 to 3 (depending on size) ripe tomatoes and place in a colander. Sprinkle lightly but evenly with salt and let drain in sink for 15 to 20 minutes. Gently stir occasionally.

Meanwhile, slice good quality ciabatta or other rustic artisan bread and grill until toasted on both sides. Rub one side with sliced raw garlic and cut into manageable sizes.

Mince fresh garlic (1 clove to 2 to 3 tomatoes) and place in small microwaveable bowl. Add 2 to 3 tbsp (30 to 60 mL) good quality extra virgin olive oil. Microwave 20 to



Locally grown field tomatoes remind us what tomatoes are supposed to taste like.

30 seconds — do not boil (about 10 seconds/tbsp oil). Transfer tomatoes to a bowl. Add oil and garlic, chopped fresh basil (about 1 tbsp/15 mL per tomato) and salt and pepper to taste. Top bread with tomato

to mixture and serve immediately.

Tips:

- There are hundreds of varieties of tomatoes from tiny currant, cherry, grape tomatoes to large beefsteak that can weigh up to

1 kg. The larger tomatoes can be categorized into three main types:

Round (slicing/table) are medium-sized, globe-shaped that are ideal for eating raw.

Roma or Plum are plum-shaped, thicker-fleshed and less juicy than the Round variety. These are a good choice for preserving, sauces and cooking.

Beefsteak are large juicy tomatoes good for slicing into salads and sandwiches.

- Good for you: One medium tomato has 25 calories and is a very good source of fibre, Vitamin A, Vitamin C, Vitamin K, potassium and manganese.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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FOLONARI
Please drink responsibly

This cake is bananas

Grill It is brought to you by Chris Schlesinger and John Willoughby, the pair that's popular for their ability to write cookbooks that are fun, gutsy and imaginative. DK Publishing offered Metro this recipe from Grill It:

Grilled Banana Upside-Down Cake

INGREDIENTS:

The cake:

- 1/4 cup pecans
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- Pinch ground cinnamon
- 6 tablespoons unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1 large egg
- 1 large egg white
- 1/2 teaspoon vanilla extract
- 6 tablespoons whole milk

The topping:

- 3 ripe but firm bananas, unpeeled, halved lengthwise
- 1/2 cup firmly packed soft light brown sugar
- 1/4 cup maple syrup
- 3 tablespoons unsalted butter, plus 1 tablespoon for buttering the pan
- 1/4 teaspoon ground allspice
- Pinch salt

METHOD:

Preheat the oven to 350 F (180 C). Generously butter a 9-inch (23cm) cake pan. Build a fire in your grill. When the coals are all ignited, the flames have died down and the temperature is medium hot, you're ready to cook.

For the topping: Place the bananas on the grill over the coals, cut side down, and cook until golden brown and slightly charred (2-3 minutes). Set aside.

Combine the rest of the topping ingredients in a small saucepan and, on the stove top, bring the mixture to a full boil over medium-high heat, stirring until melted and smooth. Cook for 1 minute, then pour into the buttered cake pan. Peel the bananas and arrange them, grilled side down, on the syrup. Set aside.

Toast the pecans in a shallow baking pan in the oven for 5-10 minutes. Grind in a food processor or coffee grinder. Combine the ground pecans, flour, baking powder, salt, and cinnamon in a bowl and mix well.

Combine the butter and sugar in a large mixing bowl and beat until creamy. Add the egg, egg white, and vanilla; beat until light and fluffy (about 1



This cake recipe comes from Grill It, available at Amazon.ca for \$17.64.

minute), scraping down the bowl as necessary. Add half the dry ingredients; beat on medium speed until well blended. Add the milk and mix well, scraping down the sides of bowl.

Add the remaining dry ingredients and beat until well blended. Spoon the batter over the bananas, smoothing the surface. Bake until a toothpick inserted into the centre of the cake comes out clean (about 30 minutes).

Run a knife around the sides of the pan to loosen. Set the pan on a wire rack and let the cake cool for 15 minutes. Invert the cake onto a serving plate and carefully lift off the pan. Serve warm or at room temperature.

Dress for job success

What you wear may be just as important as what, and who, you know to getting up the career ladder, according to a leading Australian fashion and marketing consultant Serena Beirne. She says employees should think of themselves as products and "package" themselves to sell well. **REUTERS**

Style



FASHION EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Nivola to star in Coco biopic

Alessandro Nivola, left, will star opposite Audrey Tautou in the *Coco Chanel* biopic *Coco avant Chanel*. Anne Fontaine is directing the French film. Nivola, who is learning French for the role and likely will be the only American in the feature, will play *Learning French*'s lover Arthur Capel, a dashing polo player who sponsored the fashion designer, helping her open her first store and influencing her masculine suit designs. His death in an auto accident was described as the most devastating event in Chanel's life.

REUTERS

Violet femmes

This royal hue – from lilac to amethyst – is hot for the fall

When her husband claimed the Democratic presidential nomination, Michelle Obama chose to wear her signature pearls with a simple sheath dress – which was a rich purple colour.

Across the pond, another woman behind a powerful man, First Lady of France Carla Bruni Sarkozy, also displayed a penchant for this plummy colour. For a state dinner at Elysée Palace, she wore a purple Hermès gown and she wowed the British public in a rich grape-coloured Dior coat when she arrived at 10 Downing Street for a state visit earlier this year.

"I do think that purple is the perfect symbolic choice for both women," said Renée Labbe, director of the Canadian division of Promo-Styl, an international trend and colour forecasting agency. "Like silently saying they are already royalty – worth a presidency."

Even young starlets in Hollywood have clued in that when it comes to the power of colour, purple

PHOTOS BY TANIS TOOMEY/TORSTAR NEWS SERVICE



Trench coat, \$240, Banana Republic.

reigns. Blake Lively, the actress on *Gossip Girl*, one of the hottest television shows right now, has been spotted soaking up ultraviolet vibes.

And, come fall, a full range of shades of this berry colour, from lilac to aubergine, is proving to be



Clockwise from top left: Revlon Line Fantasy Cream Eyeliner in Plum, \$12.95, at mass retailers and drugstores; Holt Renfrew; David Dixon tricoloured boots, \$175, Town Shoes; Rimmel's Play Fast nail colour in Night Before, \$4.95, available at most drugstores.

a hot hue in accessories and makeup.

"Purple amethyst is one of a few gem stone shades trending at the moment," says Labbe. "Many chose to use it as a luxury shade, bouncing off its origins as a royalty colour but others,

such as mass retailers, chose to use it as an 'energy' colour."

Through out history, power players have always shown a passion for purple.

TORSTAR NEWS SERVICE WITH FILES
FROM METRO NEWS SERVICE

PHOTO COURTESY OF WINNERS



Brad Pitt

Brad goes green with Kiehl's**BEAUTY**

With the launch of a new campaign, Brad Pitt's proving he's not just concerned about his own good looks, he also cares about the beauty of our environment.

Through a partnership with Kiehl's, the New York-based purveyor of skin and hair care, Pitt is introducing the first ever 100 per cent biodegradable product. It is Kiehl's new green-grooming Aloe Vera Biodegradable Liquid Body Cleanser, in stores November 2008.

The cleanser is made up of ingredients that are 100 per cent environmentally conscious and readily biodegradable, breaking down in the earth within 28 days to minimize environmental impact.

All proceeds from the sale of the cleanser will benefit JPF Eco Systems, a charitable foundation created with Brad Pitt to support global environmental initiatives. **METRO NEWS SERVICE**

Layer with this season's cardigan

Style File

Kim Elbo



kim.elbo@metronews.ca

ask kim

I bought a pair of shoes but they are bit tight. What can I do to stretch them out?

Only shoes made out of natural fibres like leather and suede can be stretched. Try asking a shoe repair shop if they can stretch your shoe out, but you may have to leave your shoes for an overnighter.

E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



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Shop: H&M
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LeRoi Moore, sax player for the Dave Matthews Band, has lost his battle with injuries suffered in an ATV crash. Moore, who was involved in the accident on his farm near Charlottesville, Va., in June, passed away Tuesday at age 46. [MUSIC-NEWS.COM](#)

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Hip-Hop King

50 Cent has overtaken Jay-Z to be named the Hip-Hop Cash King of 2008. The Candy Shop singer made a staggering \$150 million US in the last 12 months, according to Forbes. [MUSIC-NEWS.COM](#)



Thomas leads new music charge

Irma Thomas

Album: Simply Grand
Label: Rounder
Rating:



IT'S HARD TO BE-LIEVE that it took the music industry 45 years to finally give Irma Thomas the respect she has always deserved. But that's how long it took for the "Soul Queen of New Orleans" to finally bring home a Grammy. She won it for her 2006 album After The Rain. Her latest, Simply Grand, shows the kind of respect she's always had in New Orleans. Thomas delivers a dozen collaborations with some of the finest piano players anywhere including Dr. John, Randy Newman, Ellis

Marsalis, Norah Jones, John Medeski, Marcia Ball, and David Egan. Each track is recorded acoustically, giving prominence to Thomas' rich voice and some masterful piano playing. There's not a bad track in the bunch. This album is, indeed, Simply Grand. **Graham Rockingham**

Ra Ra Riot

Album: The Rhumb Line
Label: Barsuk
Rating:

THERE'S SOMETHING

odd about engaging in cheery chamber pop knowing that the person who co-wrote half of the material — drummer John Pike — accidentally drowned in the midst of

CDReviews

[music@metronews.ca](#)

the Syracuse, N.Y. group's 2007 tour. No coincidence that Ra Ra Riot's full-length debut is chock full of nautical and death themes. Yet rather than wallow in mournful cello-and-violin-fuelled elegies, the band soldiers on in bouncy tuneful fashion as if to focus its energies more on celebrating life and survival. **Ian Nathanson**

The Stills

Album: Oceans Will Rise
Label: Arts & Crafts/EMI
Rating:

MONTREAL

ROCKERS The Stills haven't had an easy go of it since they released their debut in 2003. First pegged as Interpol rip-offs, their second album was so lackluster that people nearly wrote them off. The band's third effort, which is filled with infectious, well-rounded pop songs, should quell the critics. Disc opener Don't Talk

Down, has a fantastic jump-inducing beat, while Everything I Build is an engaging, atmospheric keyboard track that lightly recalls U2. Despite a couple of bland songs, this should be the disc that puts The Stills back on the map. **Bryan Borzyskowski**

Divine Brown

Album: The Love Chronicles
Label: Warner
Rating:

LIKE BLACK

Divine Brown is a Toronto R&B singer who has found her niche in retro stylings of '60s and '70s soul. What sets Brown (and Black) apart from the other young urban yodellers on the contemporary R&B circuit is the power and range of her voice. And, yes, it's good — at times reminiscent of Marilyn McCoo of the Fifth Dimension. All 12 songs are Brown originals with songwriting help from Canadian craftsmen like Ron Sexsmith (Sweet Surrender), and Colin Munroe (I Need Your Love). Brown is best when she plays the



Ice Cube proves on his new album that he's still capable of channeling his gangsta attitude towards corporate and political types.

retro stuff straight up, like on the opening single Lay It On The Line. There are times when she pours it on a little too thick and the result comes a little too close to parody. **Graham Rockingham**

Ice Cube

Album: Raw Footage
Label: Lench Mob/EMI
Rating:

ABOVE SOME

movie-stylized funk grooves, the former N.W.A. MC and sometime actor is still capable of

channeling his gangsta attitude towards corporate and political types on the eighth solo outing. But when you hear Cube railing on about "My style never changed in 22 summers" and "... Don't worry 'bout money, boy, 'cos I got plenty" on It Takes A Nation, one has to question the 39-year-old's style of incessant n-bomb drops and endless rambling about feeding his family. **Ian Nathanson**

more online

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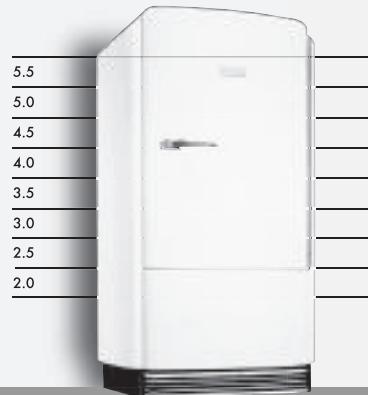
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No TV for French tots

France's broadcast authority has banned French channels from airing TV shows aimed at children under three years of age to shield them from developmental risks it says television viewing poses at that age. **METRO NEWS SERVICES**

Putting the 'zero' in 90210

IntelleVision
Rick McGinnis

rick.mcginnis@metronews.ca

NOTHING TO SEE HERE, PEOPLE: The year in TV began in crisis with the writers' strike, so it's somehow appropriate that crisis — troubling rumours, sudden cast and setting changes, stories of battles on set and in the writers' room — are mostly what we're hearing from the handful of new shows currently in development and no small number of old ones.

It's a weird sort of win-win for the networks — they're getting press for their new shows without having to show anyone a minute of footage that would confirm or deny the anticipated monster suckage about to break over us with the first chill of fall.

Besides the misbegotten *Life On Mars*, the resuscita-

tion of *Beverly Hills 90210* has been a constant source of dismal rumour, which has been all that anyone has to go by, especially since the CW network's announcement earlier this week that, contrary to usual practice, it would not be previewing any of the new shows to critics in advance of its September premiere.

"We're not hiding anything," read the press release. "Simply keeping a lid on 90210 until 9.02, riding the curiosity and anticipation into premiere night, and letting all our constituents see it at the same time."

Roger Catlin, TV critic for the Hartford Courant, has his nose out of joint about this: "This year, using the excuse of the writers' strike, only CBS sent out a substantial number of their fall pilots," he wrote upon hearing of the 90210 embargo.

"Fox has been eking them out slowly. But there's been nothing from ABC but a second season opener for *Private Practice*,

Ashley Newbrough, left, and Kate Hale are in the new *Beverly Hills 90210*.

nothing from the CW and nothing from NBC (who added to the insult by showing the season premiere of *Heroes* at Comic Con but not at TV critics press tour the week before.)

With the deadline on fall preview pieces looming,

Catlin and many other TV critics are feeling anxious, having nothing to write about from the big four networks.

This critic, of course, feels no such anxiety — I see no reason to abandon standard practice of ignoring most of the new shows

what feels like a broken covenant between the networks and their attendant media: "The networks' growing contempt for the press translates into contempt for the consumers of the press — the public — who are looking for guidance through the usual thicket of new fall offerings each year."

To that end, he made a solemn pledge in his column yesterday to ignore 90210 in kind until he has something to actually watch.

This critic will go one step further, and pledge to extend my informal policy of ignoring a show that I had no interest in during its original incarnation to any and all further installments of the 90210 saga, at least until something really stupid happens and I have a perfect joke for the occasion.

Until then, I pledge that this column will remain 90210-free.

Rick McGinnis writes about music, movies, books and television, but not opera.

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/21/08	265	353	2	TVO	Super Copter	Undefended Border	New Tricks	The View From Here	Undefended			
	211	331	3	GTV	Entertainment	ET Canada	Big Brother 10 (Live)	Kitchen Nightmares	Kitchen Nightmares (N)	News (N)		
	-	-	5	SRC	Chine	La Zone olympique (N) (SC)	Le Téléjournal	Les XXIXe Jeux Olympiques d'été (HDTV) (En direct)				
	209	342	6	CHRO	Grand Star	Degrazzi: Next	Stargate SG-1 (DVS)	Grey's Anatomy	Private Practice	News (N)		
	196	311	7	CTV	TMZ (N)	Jeopardy!	CSI: Miami	CSI: Crime Scene Invstgn.	Flashpoint (HDTV) (N)	News (N)		
	208	303	8	CBC	(6) XXIX Summer Olympics (HDTV) From Beijing.	Beach volleyball, men's bronze and final; athletics; baseball, semifinals. (Live)	Zoe Busiek: Wild Card (N)	The Secret of Hidden Lake (2006, Suspense) (DVS)				
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	XXIX Summer Olympics (HDTV) (Live)	Grey's Anatomy	Private Practice	News (N)		
	117	713	10	TVA	Jerry la grande gueule ** (1967, Comédie) Jerry Lewis.	Héros (HDTV) Une explication.	TVA 22 heures	Sucré-salé	Treize ans			
	-	-	11	QS	Avec Albert	Campings	Supplément 4: une option sur la victoire ** (2000, Action) (SC)	Cent dix pour cent (SC)	Journal du soir			
	137	763	12	TFO	Panorama	Frontières	Esprit	La Fille de D'Artagnan ** (1994, Aventures) Philippe Noiret.	Flashpoint (HDTV) (N)	Two/Half Men		
	-	362	13	CBS	Dr. Phil	Big Brother 10 (Live)	CSI: Crime Scene Invstgn.	King	King	Cold Case		
	216	395	14	OMN2	Law & Order: SVU	Hollywood	Ugly Betty (HDTV)	Supernatural (HDTV)	Battleground Galactic	News (N)		
	214	344	15	CITY	Friends	The Simpsons	News (N)	Vivere II	King of the Hill	Metropia		
	115	343	16	CFMT	Two/Half Men	Entertainment	Ugly Betty (HDTV)	Dossier public				
	218	345	18	EI	The Insider (N)	E! News	Zoe Busiek: Wild Card (N)	The Secret of Hidden Lake (2006, Suspense) (DVS)				
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (HDTV)	Grey's Anatomy	Private Practice	News (N)		
	512	396	24	CAPC	Tête-à-tête	Beyond Poll	A la une					
	651	351	25	CTS	Full House	Facts of Life	Michael Coren Show	Life Today	This Is Day	John Hagee		
	-	365	36	FOX	TMZ (N)	Seinfeld	NFL Preseason Football San Francisco 49ers at Chicago Bears. (HDTV) (Live)	Flashpoint (HDTV) (N)				
	-	-	64	PBS	Business Rpt.	Travelscope	Yes, Minister	Time Goes By	Monarch of the Glen	Ruth Rendell Mysteries	Tavis Smiley	
	205	312	104	CTV	Hollywood	TMZ (N)	CSI: Miami	CSI: Crime Scene Invstgn.	Flashpoint (HDTV) (N)	News (N)		
	502	394	26	NW	CBC News	Beijing Today	Assignment: Beijing	CBC News: The National	CBC News: The National	National		
	500	503	33	CNN	Lou Dobbs Tonight	CNN Election Center	Larry King Live	Anderson Cooper 360 (HDTV)				
	406	417	27	net	MLB Baseball	New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.	Sportsnet Connected (Live)	Sportsnet Connected				
	126	730	28	RDI	RDI in direct	400 fois Que	Grands reportages (SC)	Le Téléjournal	Le Téléjournal	Le Téléjournal	Le Téléjournal	
	400	280	30	TSN	Boxing 1993 Bowe vs. Holyfield II. (N)	CFL Pregame	CFL Football Saskatchewan Roughriders at Edmonton Eskimos.					
	410	404	52	SCR	Stump-Schwab	Poker Aussie Millions	Hardcore Champ. Fight	Score Tonight	Stump-Schwab			
	411	457	56	OLN	Exploration	Videos	Coltrane's Britain	Mark Williams' Big Bangs	Don't Forget Your Passport	Pilot Guides		
	417	406	59	SC	Pinks (HDTV)	Pass Time	Pinks - All Out (HDTV)	Wrecked	Wrecked	Pinks (HDTV)		
	554	544	48	TEL	George-Jungle	Tom & Jerry	6teen	Total Drama	Futurama	The Mask *** (1994, Comedy)		
	557	541	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Ned's School	Cory in House	Zack & Cody		
	551	542	65	YTV	Prank Patrol	Prank Patrol	Fries That? Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach	Mystery Hnt.	
	570	580	29	MM	mmpmptop	Back In	Canadian Idol Top five.	Canadian Idol	Uncovered	Celebracadabra	Canadian Idol	
	615	520	31	A&E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Jacked: Theft	Jacked: Theft	Back Hood		
	628	584	32	SPKE	CSI: Crime Scene Invstgn.	CSI: Crime Scene Invstgn.	TNA IMPACT! (N)			Unleashed		
	521	561	34	TLC	LA Ink (HDTV)	Battleground Earth	American Chopper (N)	Miami Ink (HDTV) (N)	Battleground			
	145	761	35	TV5	Toute une histoire	On n'est pas couché		Partir	Design	Journal TV5		
	616	521	39	SHO	ReGenesis (HDTV)	Intelligence (DVS)	G-Spot	Exes & Ohs	The Shining *** (1980, Horror)			
	620	523	40	BVO	From the Spirit	In the Mind ...	Timeline ** (2003, Adventure) Paul Walker, Frances O'Connor.		In the Village	Law & Order		
	520	502	42	DIS	Daily Planet	Secrets of the Deep		MythBusters		Daily Planet		
	575	583	43	CMT	(6) The Ultimate Epcgs	Karako Star "Regina, SK" (N)	Reba	Hope & Faith				
	601	562	45	SLC	End of Leash	Til Death-Part	The Hills	Home Improve.	Roseanne	Karaoke Star		
	625	548	46	COM	Air Farce	22 Minutes	Laughs	Seinfeld	Family Guy	Rich Poor		
	294	526	47	TBS	MLB Baseball	Atlanta Braves at New York Mets. From Shea Stadium in Flushing, N.Y.	The Fix	Disaster DIY	Reality Bites	Comedy Now	Daily Show	
	600	561	49	H&G	House Hunters	Property Virgin	Holmes on Homes	Junk Brothers	Family Guy	Seinfeld		
	627	528	50	SPC	Stargate SG-1 (DVS)	Star Trek: Voyager	Prom Night ** (1980, Horror) Jamie Lee Curtis.					
	581	566	53	MTV	Cribs	After	Canada's Next Top Model	The Hills		True Life Outcasts.	MTV Live	
	618	524	54	TROP	Inside Hollywood	ET Canada	What Happen?	Family Guy	Seinfeld	Frasier	Family Guy	
	522	500	55	HIS	NCIS "Hiatus"	Deep Wreck Mysteries	U-864: Hitler's Last Secret	NCIS "Hiatus"		Rich Poor		
	129	773	60	CD	Biographies (HDTV)	Camera tout-terrain (HDTV)	Vidéo patrouille	Histoires de crimes (HDTV)		Sharing Circle	National Geo	
	261	394	61	V	Murder, She Wrote	Fun-Funeral	Keeping Up	True Heart ** (1997, Adventure) Kirsten Dunst.		Dalai Lama		
	602	567	62	W	Will & Grace	Friends	Divine Design	Confidential	Save Us-House	Open House	Save Us-House	
	269	350	70	APTN	Oceans Leg.	From the Spirit	House					
	621	527	71	TLK	Look-A-Like	Canadian Geographic	Wheels of Thunder	The Mix	Cowboy C'try			
	603	561	95	FN	Boy Grill	Licence to Grill	Scoop!	Katie & Peter: Next Chapter	The Ellen DeGeneres Show	eTalk		
								Scoop 2		Unwrapped		

cable variety**critics' corner—****Timeline**

Better than that awful remake of "The Time Machine" — then again, so is root canal — this 2003 adventure follows a young man (Paul Walker) and some associates as they travel back in time to the 14th century to rescue his professor father (Billy Connolly). But people keep trying to kill them. Yeah. That's about it. Enjoy. 8 PM on 40 BVO



Ugly Betty

Let's hope the Big 2-5 goes better. In "Twenty-Four Candles," it's Betty's (America Ferrera) birthday, and she's looking forward to some romantic time with Henry (Christopher Gorham). Unfortunately, his babymama, Charlie (Jayma Mays), decides to pay a visit, scaling back and eventually scuttling their plans. Speaking of scuttling, Wilhelmina (Vanessa Williams) tries to break up her sister and Daniel (Gabrielle Union, Eric Mabius). 8 PM on 20 ABC 15 CITY

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OTTAWA SCHOOL OF ART



Portia de Rossi is considering changing her name after marrying talk show host Ellen DeGeneres on the weekend. The couple tied the knot on Saturday. Arrested Development star de Rossi plans to keep her maiden name for now. METRO NEWS SERVICES

Star mulls name change

Celebrity Buzz

Gosling and McAdams back on

CANADIANS Rachel McAdams and Ryan Gosling are "definitely together again."

The pair — who split last April after dating for two years — are celebrating their rekindled relationship with a holiday in Toronto.

Gossip blogger Perez Hilton said: "Sources have re-

vealed exclusively to me that Ryan and Rachel are definitely together again. They are on holiday in Toronto and are both very happy."

The couple, who are both Canadian, are in the city ahead of the annual Toronto International Film Festival which runs from Sept. 4 to 13.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Brad and Jen reunite?

EXES Brad Pitt and Jennifer Aniston could reunite at this year's Toronto International Film Festival, when the exes are debuting their new flicks just two days apart.

Pitt, 44, is among the stars who will walk the red carpet gala at the festival for the North American premiere of his Coen Brothers' flick *Burn After Reading* on Sept. 5. Pitt is also expected to attend the Venice Film Festival, where his film screens on August 27.

Meanwhile, Aniston, 39, is scheduled to attend the Toronto fest to promote her romantic comedy *Management* —



about a travelling art saleswoman fighting off the advances of a flaky motel manager — which is premiering Sept. 7.

Aniston — who just split from boyfriend John Mayer — was married to Pitt from July 2000 to January 2005.

Variety reports a slew of celebs are hitting Toronto, including Edward Norton, whose NYC cop family saga *Pride and Glory* screens.

Also showing at the fest: A documentary about Paris Hilton titled *Paris, Not France*.

METRO NEWS SERVICES

celebrity brief

Alba's weight loss secret

BABY Just two months after giving birth to daughter Honor Marie, Jessica Alba is 25 pounds lighter — and her trainer Ramona Braganza says she has been opting for a low-fat, low-carb diet and is training six days a week.

METRO NEWS SERVICES



celebrity brief

Garth, Doherty getting along

TV Jennie Garth admits she was initially uneasy about working with Shannen Doherty again.

The two famously clashed during their *90210* heyday — and once got into a fistfight. But

when she reunited with Doherty to shoot CW's *90210* spin-off, she tells TV Guide, "It wasn't as bad as I thought it would be. I was a little nervous because I hadn't seen or talked to her in 14 years."

METRO NEWS SERVICES



Simpson hits the beer

SPOKESWOMAN Jessica Simpson has expanded her business empire once again — the entrepreneurial pop star has been signed up to promote beer. The singer/actress — who recently launched her own clothing line — has teamed up with Dallas' Stampede Brewing Company to become the new face of Stampede Light

Plus, although terms of the deal were not disclosed, Simpson is reportedly taking on a 15-per-cent stake in the company in return for her endorsement.

METRO NEWS SERVICES



celebrity brief

Marriage drove Nielsen to booze

RELATIONSHIP Former actress Brigitte Nielsen blames her previous marriage for turning her into an alcoholic — insisting she turned to drink because she was miserable. The Danish-born star divorced her fourth husband, Raoul Meyer, in 2005 and is now married to Italian bartender Mattia Densi. METRO NEWS SERVICES



Voight lashes out at Barr

DISPUTE Angelina Jolie's dad Jon Voight has blasted TV star Roseanne Barr for her attack on his daughter and her partner Brad Pitt. Voight is livid with the attack on his daughter — and claims Barr is suffering from the trauma of being abused as a child, reports Usmagazine.com. He says, "We can never be surprised at what vile evil comes from the mouth of a confessed victim of child abuse."

METRO NEWS SERVICES



J.J. SAID IT WOULD!

J.J. Clarke

WATCH OTTAWA'S WEATHER LEADER

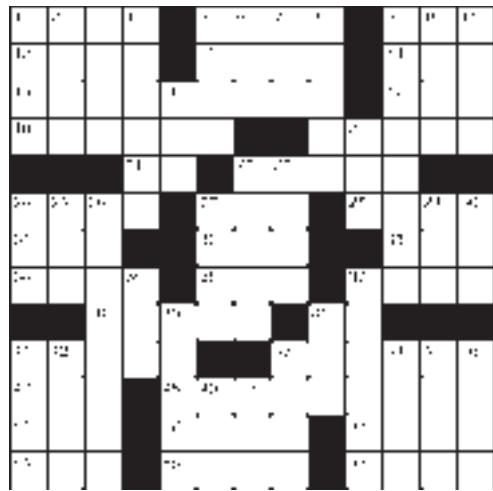
CTV

NEWS

Weeknights 6:00

Lovers on tour

Sir Paul McCartney has invited his new girlfriend to join him on tour. The former Beatle was set to embark alone, but after enjoying a recent road trip around America with Nancy Shevell, he has now asked her to travel around the world with him. [MUSIC-NEWS.COM](#)


entertainment 19
Take Five**Crossword down**

- 1 "Dragnet" star
2 Caboose's position
3 Actress Jessica
4 Hitchcock classic
5 Shakespeare, for one
6 Carte lead-in
7 Heavy weight
8 Passover meal
9 Using extreme care
10 Pennsylvania port
11 Gotta have
16 Whiz preцeder
20 Stickum
22 TV's "French Chef"
23 Has a bug
24 Retriever type
25 Indivisible
26 "They Shoot Horses,
- Don't They?" actor
27 Heart
29 Speed along
30 Chow down
35 Bart, to Homer
37 — Springs, Fla.
39 Vessel
40 That girl
41 Combustible heap
42 Session with a shrink
43 Titanic downfall
44 — contendere
45 Slanted type (Abbr.)
46 Girl in a Salinger story
49 "Eureka!"
50 Beige

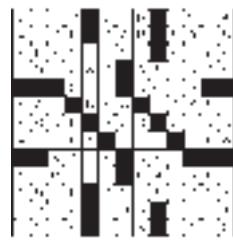
[Play more games online at: metronews.ca](#)

Crossword across

- 1 Swathe
5 Cuckoo
9 Barbie's companion
12 Morays, e.g.
13 Lotion additive
14 Anger
15 Piano style
17 Conk out
18 Reinforced
19 Urged (on)
21 The guy
22 Yuletide melody

- 24 Trademark symbol
27 Actor McBride
28 Leak slowly
31 Blackbird
32 Lubricate
33 By way of
34 Seeks alms
36 Literary monogram
37 Sobbed
38 Joined, as oxen
40 "Greetings!"
41 Agent 86's shoe, e.g.

- 43 Elton John's "— and the Jets"
47 Addressee
48 Ore-Ida product
51 Skedaddle
52 Burn somewhat
53 Ancient Persian Gulf country
54 Work unit
55 Suspend
56 Characterization

previous day's answer**WORDY GURDY****This day in history**

AUG. 21, 1770: James Cook formally claims eastern Australia for Great Britain, naming it New South Wales.

AUG. 21, 1831: Nat Turner leads black slaves and free blacks in a rebellion.

AUG. 21, 1911: The Mona Lisa is stolen by a Louvre employee.

AUG. 21, 1968: James Anderson, Jr. posthumously receives the first

Medal of Honor to be awarded to an African American U.S. Marine.

AUG. 21, 1993: NASA loses contact with the Mars Observer space-

craft.

AUG. 21, 2001: NATO decides to send a peace-keeping force to the

former Yugoslav Republic of Macedonia. **METRO NEWS SERVICES**

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HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

**SUDOKU SOLVE TIME
IN MINUTES:****previous day's answer**

7	9	3	5	6	2	8	1	4
8	4	6	1	9	3	2	5	7
5	2	1	8	7	4	9	6	3
2	5	7	9	4	8	1	3	6
4	3	9	6	5	1	7	8	2
1	6	8	3	2	7	5	4	9
3	7	5	2	8	6	4	9	1
9	1	4	7	3	5	6	2	8
6	8	2	4	1	9	3	7	5

Under 13 Genius
13-17 Scholar

17-21 Smart
21-25 Not bad
[Keep practising more games metronews.ca](#)

Ottawa weather**Afternoon**

Sunny.
26°

Tonight

Clear.
14°

Friday

Variable.
27° / 16°

Saturday

Variable.
27° / 16°

The Weather Network
theweathernetwork.com

Sunday

80%
Showers.
26° / 12°

Temperature**Normals**

High: 24.5°

Low: 12.8°

Records

High: 32.8°/1955

Low: 5°/1940

Sunrise: 6:11 a.m.

Sunset: 7:57 p.m.

Moonset: 11:44 a.m.

Moonrise: 9:46 p.m.

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